

DOUBLE COUPONS

Saturday, May 29th

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SHOES

In Other Words, if You Buy a Pair of Shoes for \$2.00, We Will Give You a \$4.00 Piano Coupon

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BERRYVILLE, VA.

GET "Polk Miller's Liver Pills" They Cure

10c Dose at all Drug Stores and Country Stores

Baltimore & Ohio
Excursion, Sunday May 30,
Round \$100 Trip to
WASHINGTON
Round \$1.25 Trip to
BALTIMORE
Special Train Leaves Harper's Ferry
7.40 a. m.

Little Locals

A very large attendance has been registered at the May term of Circuit Court, most of whom were attracted by the Meade will case, which is one of the most interesting cases ever heard before this Court.

Boy's Knee Pants, at Palmbaum's
Hon. Marshall McCormick and Hon. Chas. M. Brown are here this week attending Circuit Court.

Select Honey, for sale by I. Bowman & Son.

Rev. Edward Wall is attending the session of the Episcopal Council in Leesburg this week.

Towels, Tablecloths, Napkins Bed-spreads, at Palmbaum's.

Mrs. E. S. Powers is visiting friends Leesburg this week.

Those Perfection Oil Stoves are a little nicer and more convenient than anything you have ever owned. The price is very low, too. I. Bowman & Son.

Dr. Cabell Moore, of Washington, is visiting his father, Hon. A. Moore, Jr.

Full Line of White Goods, at Palmbaum's.

Mrs. S. L. Palmbaum is visiting relatives and friends in Washington and Baltimore.

Wrappers at Palmbaum's.

Mr. S. K. Harris has gone to New York for a few weeks.

Just received, a full line of Ranges, I. Bowman & Son.

Cashier John B. Neill, of the Bank of Clarke County, attended the annual session of the Virginia Bankers' Association at the Chamberlain Hotel, Old Point Comfort last week.

Large Curtains a specialty, at Palmbaum's.

Miss Mary Morrison is visiting her brother, Dr. Reginald Morrison, in Baltimore.

Cotton and Ghinghams, at the old prices, at Palmbaum's.

Mrs. Frank Hoyett and children have returned to Charlottesville, after visiting Mr. and Mrs. I. Bowman.

Money to Loan—Money to lend in any amount on Farm Land.

BLACKBURN SMITH.
Miss Frances Galloway came up from Charles Town last week on a visit to her father.

Laces and Embroideries, at Palmbaum's.

Miss Nanette Thomas is visiting friends in Washington.

Sticks, Springs and Summer Dress Goods, at Palmbaum's.

Commonwealth's Attorney Lewis went to New York on a business trip last week.

Money to Loan—In sums of \$1,000 or more, secured by deed of trust on Real Estate.

GEO. B. HARRISON, Atty., Boyce, Va.

Hon. Blackburn Smith is the delegate and Mr. Howies Lippitt alternate to the Episcopal Council now in session at Leesburg, from Grace Episcopal Church.

Shades and Curtain Poles at low prices, at Palmbaum's.

Miss Margaret Bush returned to her home in Williamsport, Md., this morning after a visit to her daughter, Mrs. R. F. Banfill.

Mr. and Mrs. J. D. Willey have returned from Middletown, Frederick county.

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For the higher education of young ladies and the professional training of teachers. Location unsurpassed. Handsome new building and complete equipment. Modern dormitory. Large and able faculty. Thorough courses. TUITION FREE IN ALL DEPARTMENTS. LIVING EXPENSES LOW. First session begins September 28, 1909. Send for free illustrated announcement to:

JULIAN A. BURRUS, President, Harrisonburg, Va.

Gumption On The Farm.

Sort well your seed, but first be careful to select the right sort.

The bung-hole does not empty half so many barrels as the little, everlasting drizzle from the spigot.

Never heard of anybody running the cultivator too much, except one man who was too busy cultivating to dig his wife's flowerbeds for her.

It will pay to have on hand duplicates of the most breakable parts of the harvester. It costs time, which is valuable, to stop a machine in rush days to wait for the broken parts.

To the hired man: You can be a man whom the whole neighborhood will want. How? Just by being fair and square, earnest, honest, good natured and clean in all your life. No out-of-work times for such a man.

When you wish permission to go across another man's land, go and ask for it. Don't take it for granted that "it will be all right."

You can only be sure of that by going to headquarters and talking with the master.

One of the handiest things about a farm is a canvas large enough to cover a load or stack of hay. Those who still stack all hay outside need one most. But there are many other uses for one, such as covering loads of grain that can not be unloaded before a shower, a protection for the binder on dewy nights, etc.

In a little while summer boarders will be in evidence. Deal gently with them, brethren, when they ask you how many eggs the eggplant produces in a day, and when they ask to see the cow that gives butter and cheese. They mean

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THE 15 YEAR OLD BOY

of today will, in ten years, be a business man. If you have a son, it is your duty to train him in business methods, to give him the benefit of your business experience.

See that he has a bank account while he is growing up. There is no other one thing that will give him a better conception of business than having his own bank account.

We pay 3 per cent interest, compounded semi-annually.

Parties living out of the city and who wish to open an account with us may do so by sending us a check on their local bank, a Post Office money order, or an Express money order, and we will then forward them a pass book.

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THE Steadfast SHOE

HAND LASTED BENCH MADE

\$5 AND \$6

IN the Steadfast Shoe you not only get about twice the value usually found in five and six dollar shoes, but you get identically the same leathers, fit and individual styles found in high-grade, made-to-order footwear.

We want to prove this to you. We want to show you how superior Steadfast Shoes are to the usual run of footwear.

Examine our new spring styles—all the latest leathers, and the very newest "wrinkles" in fashionable foot-wear, both high and low shoes.

A Shoe for Gentlemen.

MADE BY SMITH, BRIDGE SHOE CO., INC. LYNDEN, VA.

Wisecarver Bros.

well, but they are very green on country ways; and if they are frightened out of their wits when they meet a flock of sheep, do not remind them of their cheap jokes about the perils of a countryman crossing a busy street in town. The summer boarder in town will even be able to distinguish between a humblebee and a grasshopper.

Killing weeds by spraying: To make the spraying solution, empty a hundredpound sack of sulphate of iron in a fifty-gallon barrel; fill to the chime with water and stir with a hoe for a few minutes until dissolved. Strain through several thicknesses of cheesecloth tacked over manhole of the spraying machine. Apply with a powerful spraying machine, producing a real mist free from drops. Use about fifty gallons to the acre, and spray on a bright, warm day, or on a dark, damp day, it does not matter so long as rain does not come within eighteen or twenty hours. This spray will not harm grain crops, and will kill wild mustard and various other weeds.

—June Farm Journal.

The Baby's Bottle.

The summer months are by far the most trying of the year upon babies and young children, for during these months thousands of children contract bowel complaints, and die with amazing rapidity, in spite of the efforts of the doctors.

It is very noticeable that infants fed from bottles are much more liable to contract summer diseases than breast-fed babies. Indeed, the mother's milk, if the mother is healthy and takes care of herself, is the very best food that can be given a young baby.

The dangers of the nursing bottle can never be completely removed, but any sensible mother can greatly reduce them by taking proper care of the baby's bottle. No time that the mother spends on her child will bring better returns than that she spends in keeping the baby's bottle clean and sanitary.

Much depends on the bottle and the nipple. A round bottle, with a rounded bottom, is preferable to any other form, and is much more easily cleaned. The nipple should be simple and attached directly to the mouth of the bottle. The nursing-tubes, in vogue in some quarters, can not be too much con-

demned. They can never be kept clean, and they may form the lurking-place for the germs that may kill the baby.

Before filling the bottle with milk, rinse it thoroughly with soap-suds and then rinse in clean water. Then place it for ten minutes in boiling water, after which it is ready for use as soon as it cools.

The nipple should be placed in a solution of boric acid, prepared by dissolving a teaspoonful of boric acid in a pint of water, and should be washed before it is used.

As soon as the baby has finished with the bottle, wash it out and then place it in a solution of boric acid similar to that used for cleaning over manhole of the spraying machine. Apply with a powerful spraying machine, producing a real mist free from drops. Use about fifty gallons to the acre, and spray on a bright, warm day, or on a dark, damp day, it does not matter so long as rain does not come within eighteen or twenty hours. This spray will not harm grain crops, and will kill wild mustard and various other weeds.

—June Farm Journal.

Harris Trial July 26.

Following the indictment of Prof. J. D. Harris by the grand jury for the killing of W. A. Thompson, associate editor of the Warrenton Virginian, a month ago, the trial of Professor Harris was set for July 26.

The case was presented to the grand jury in Warrenton on Monday. The indictment followed. Professor Harris was afterward released on bail, the former bondsmen being retained and the amount remaining the same. Dr. W. L. Harris, of Norfolk, also signed the bond.

It is reliably reported that the grand jury wrestled with the case some time before deciding upon a true bill against Professor Harris, as the evidence of many of the witnesses examined strongly indicated that the school principal acted in self-defense.

When the case goes before a jury for final trial, self-defense will be Professor Harris' plea, while the prosecution will claim that the professor exceeded discretionary bounds in protecting himself.

If you desire a clear complexion take Foley's Ointment Laxative for constipation and liver trouble as it will stimulate these organs and thoroughly cleanse your system, which is what everyone needs in the spring in order to feel well. J. C. Jones & Co., Millwood, Va., R. C. Green, Boyce, Va.

Home Course In Modern Agriculture

XIII.—How Animals Grow

By C. V. GREGORY,
Agricultural Division, Iowa State College
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ANIMALS, unlike plants, can obtain none of their food from the soil, air or water, but must have it prepared for them. Without plants there could be no animal life, since animals are dependent upon them, either directly or indirectly, for food. A study of the way animals make use of this food in building up their bodies will help us to better understand the principles of feeding.

There are three main constituents of foods—fats, carbohydrates and albumoids, or protein. The fats are made up of carbon, hydrogen and oxygen. The carbohydrates, of which starch and sugar are familiar examples, are made up of the same elements put together in different proportions. Another of the carbohydrates is cellulose, or the woody fiber of plants. This is hard to digest, but some of it is used in animal growth. Albumoids contain not only carbon, hydrogen and oxygen, but nitrogen also. In addition to these three constituents of food it also contains some mineral elements, which are commonly referred to as ash.

This ash is used in building up the bones, hair, horns and hoofs. The albumoids also form a considerable portion of these parts of the body. Their chief use, however, is in building up the muscles, tendons and various organs. The fats and carbohydrates are used to furnish energy and heat. They are the fuel of the body. By uniting with oxygen they give off the heat and energy required to keep the body running. In much the same way that the elements of coal or wood unite with oxygen to furnish heat and power when burned in a steam engine. Not all of the fats and carbohydrates are burned immediately, however. Some of the fats go to build up fatty tissues. Some of the carbohydrates are changed to fats and stored in the same way, and some are stored in the liver in the form of glycogen to be used when needed.

Before these various food elements can be used by the animal they must go through a process called digestion. The first step in digestion consists in taking the food into the mouth. Each class of animals has a different way of doing this. Watch the cows feeding in the pasture. They reach out their long tongues and gather in a mouthful of grass, breaking it off with a peculiar twist as it comes against their lower teeth. They cannot bite it off, since they have no upper teeth in front. The horse gathers in the grass with his lips and bites it off between his teeth. For this reason horses can eat grass down much closer to the ground than cattle can.

After the food is taken into the mouth it is chewed and mixed with saliva. This saliva serves two purposes—to moisten the food and to change some of the starch to sugar. This change is brought about by the action of enzymes which the saliva contains. These work in the same way as do the enzymes in a germinating seed, which prepare the food for the little plant.

Sugar and starch, as we have learned, are both composed of carbon, hydrogen and oxygen, the only difference being that they are put together in a little different way. The action of the enzymes changes the relation of these elements in the starch, arranging them in such a manner as to form sugar.

All the starch in the food must be changed to some form of sugar before it can be used by the animal in building up the various parts of its body. Since the food remains in the mouth only a comparatively short time, however, only a small part of the starch can be acted upon there. The rest is changed later, as we shall see.

The main purpose of the saliva is to moisten the food. This moistening, together with the chewing, reduces it to a moist, finely divided mass, ready to be swallowed and acted upon by the other digestive juices.

While the essential processes of digestion are the same for all animals, the way in which the work is carried on varies somewhat. The horse and the hog have but one stomach. As released on bail, the former bondsmen being retained and the amount remaining the same. Dr. W. L. Harris, of Norfolk, also signed the bond.

It is reliably reported that the grand jury wrestled with the case some time before deciding upon a true bill against Professor Harris, as the evidence of many of the witnesses examined strongly indicated that the school principal acted in self-defense.

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We Ask You
to take Cardui, for your female troubles, because we are sure it will help you. Remember that this great female remedy—

WINE OF CARDUI
has brought relief to thousands of other sick women, so why not to you? For headache, backache, periodical pains, female weakness, many have said it is "the best medicine to take." Try it!

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